How To Use A Diskhaler®

CUE WORDS

1. **REMOVE** the cover.

2. **ADVANCE** the disk to the next dose.

3. **HOLD** the Diskhaler, flat.

4. **LIFT** the cover panel to PIERCE the shell.

5. **CLOSE** the cover.

6. **EXHALE**, then **SEAL LIPS** around mouthpiece.

7. **INHALE QUICKLY AND DEEPLY**.

8. **HOLD BREATH** for 5 – 10 seconds.

9. **EXHALE.**